

# BUSHIKEN KARATE

Yellow – Orange Belt 6<sup>th</sup> Kyu – 5<sup>th</sup> Kyu

## Terminology

### Stances

Moro Ashi Dachi – One foot front, shoulder width apart, front foot heel in line with back foot's toes,

Weight 50/50

Kokutsu Dachi – Back leaning stance

Kake Ashi Dachi – Hooked stance or stepping across back stance

### Punches/Strikes

San Bon Tsuki – Triple punch

Shuto Gammen Uchi – Outer knife hand strike to the face

Shuto Hizou Uchi – Outer knife hand strike to the lower body (spleen strike)

Shuto Sakotsu Uchi – Outer knife hand strike down to the collar bone

Shuto Sakotsu Uchikomi – Outer knife hand strike push toward the collar bone

Shuto Uchi Uchi – outer knife hand strike to the temple

### Blocks

Sune Uke – Shin block for low kick

### Commands

Han Mi no Kamae – Fighting posture with upper body (waist and shoulders) at a 45 degree angle

Iki no Chose – Controlled breathing (inhale through nose and exhale quickly through mouth, producing a "hut" or explosive sound)

Kamae – Body posture with Ki

Kumite no Kamae – Fighting posture

Morote no Kamae – Formal fighting position for hands. The front hand is held about chin level and the other hand is at the solar plexus.

No ga Re – Breathing technique

No ga Re Omote – Slow, palms forward breathing through nose pushing air down under belt and hold, exhale palms down

No ga Re Ura – (short inhale) breathing technique from under to up, hold air, spear hand pushed forward, palm up, exhale.